

Aquafaba Whipped Topping

**1 can chick peas
¼ tsp cream of tartar
½ -1 cup powdered sugar
1 tsp vanilla**

Drain and save the liquid from a can of chickpeas. Chick pea liquid is called aquafaba ("bean water"). Reserve the chick peas for use in other recipes. (Tip: Put some lemon juice over the chick peas before storing to keep them moist and flavorful.)

Place the bowl of your high-speed or hand held mixer, the beaters, and the chick pea liquid in the fridge to chill. Aquafaba results are better when the equipment is cold.

Place the chick pea liquid in the bowl of your mixer, and add the cream of tartar. Beat the liquid until it resembles egg whites. This will take at least 6 minutes, but could take longer depending on the power of your mixer. When peaks start to form, slowly add the sugar and continue beating to incorporate. Taste after adding ½ cup of sugar. Add the vanilla and additional sugar to suit your taste.

This is a great topping for any dessert. It somewhat resembles marshmallow fluff!

Enjoy!